BETWEEN BROTHERS

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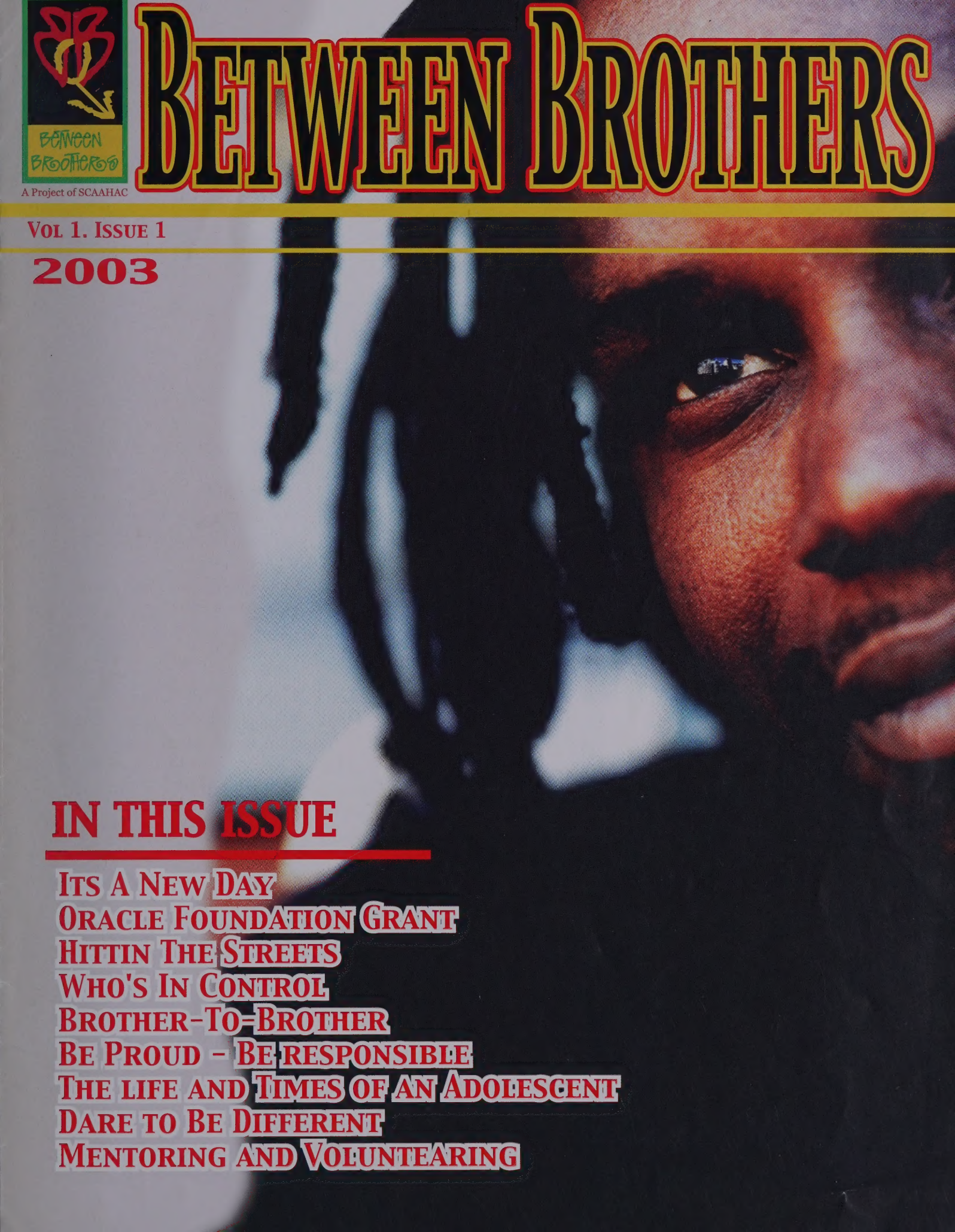

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IT'S A NEW DAY

GREETINGS

It is with a deep sense of gratitude and excitement that we introduce to the community, The Between Brothers Newsletter. The Between Brothers project was created in 2001 to address the growing epidemic of HIV/AIDS and other "real life" challenges that face young men in South Carolina.

Bambi W. Gaddist, DrPH
Executive Director

Although the prevention of HIV/AIDS is our ultimate goal, the staff works with young men 13-24 years of age, to create a safe haven that addresses the needs of the whole person. We seek to create a place of protection at "The Spot". Young men can drop in anytime and watch TV or get on the "PlayStation". We have a computer lab that's open to young men who seek knowledge or just want to get on line.

We hold rap sessions monthly so young men can talk about issues that are impacting their lives. The young men participate in spiritually enriching activities and engage in various recreational activities. Our greatest desire is to offer services that seek to make a positive difference in the lives of young men who may not even know they are at risk.

We will soon offer a six-session **HIV/AIDS** certification course to young men called "BE PROUD, BE RESPONSIBLE". HIV testing and prevention counseling is provided free of charge. We also have free condoms available! All this is made possible through funding from the Centers for Disease Control and Prevention.

Sometimes we all need to talk to someone on a one-to-one basis. That's why Between Brothers is grateful to say that we have a certified Intervention Specialist who can assist young men on an appointment basis. To tell you the truth, we are looking for "a few good young men". That's why The Between Brothers Youth Advisory Board is seeking new and motivated brotha's who want to make a difference in the world or even save someone's life. So know this...

It's a New Day..

A day for young men to wake up and smell the coffee!

A day when African American men take time to appreciate the valuable contributions they have and can make to the community.

A day when they realize that good health is one of the most valuable gifts anyone can possess.

When they realize it's more than just the "bling..bling", being "trade", or "getting whatever you can get".

Moreover, it's a new day when young men and older men can overcome negative attitudes and stigma about HIV/AIDS and get about stopping it's spread.

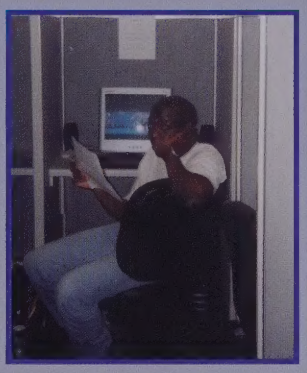
They do it because it's for the sake of our people, community, and nation.

Thus, we ask all young men to become part of the solution and NOT the problem.

God Bless You All! We want to see you at the top because it's too crowded at the bottom.

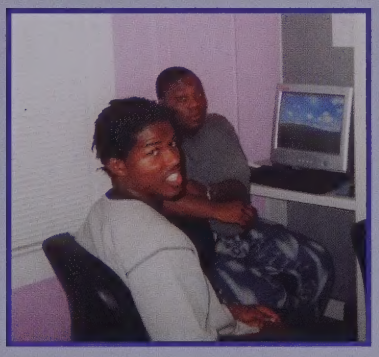
Bambi W. Gaddist, DrPH
Executive Director
South Carolina African American HIV/AIDS Council

The Between Brothers Project Awarded Oracle Foundation Grant



The Oracle Help Us Help Foundation awarded the Between Brothers Project funds for a Computer Lab. The Oracle Help Us Help Foundation assists K-12 public schools and youth serving organizations in economically challenged communities through grants of computer equipment and software. The Foundation funded five (5) Apple iMac computers units and a central printer.

Because of the foundation grant, the Between Brothers Project can now offer computer and Internet services to students within Richland District I and 2. The computer lab is open from 9:00 a.m.— 9:00 p.m. weekdays. All students have to do is stop by and log-in.



For directions or more information on our location call (803) 254-0162.

HITTIN THE STREETS

Greetings from the Between Brothers outreach desk. During the coming months our outreach efforts can be found throughout the greater Columbia area.

We are hitting the people where they are. You may have come across us somewhere in our community, downtown on Main Street, in the local park, at the club, at a party, or at a community event.

Between Brothers is everywhere you'd like us to be and other places you don't. We are helping our community to defend themselves against HIV / AIDS, Hepatitis C, Syphilis, and other sexually transmitted infections (STI'S). by making the right choices.

Our down to earth and non-judgmental approach allows us to relay our mission to those at risk of infection.

If you know of a spot where we can hit or someone who needs our services please contact the Between Brothers Outreach Team and we'll be there. For further information contact us at (803) 254-0162 or visit www.scaahac.org and click on the Between Brothers link.

Article By: Dean Edwards,
Outreach Coordinator, and
James Green, Outreach Specialist

Who's In Control?

My brothas, and this is to all ya'll. Let's talk about something we all have in common.

SEX, yes that's right I said it, sex.
The word we were not suppose to talk about as children, the thing we thought about so much as a teenager, the thing that the church tells us not to do until marriage. And yet Brothas, we are suppose to be ready to throw down when it's served up.

So how did you learn about **SEX?** Did you learn about it at the school or did you learn about it in the streets from ya boyz? Did your older brother sit you down or did he help you with a hook up? Or did you fake your way through it the first time?

Well, we think it's time that we start educating ourselves and other brothers. So lets get down to the facts. We thought we'd give you a few tips to start you off. We'll discuss other stuff in future newsletters. We all know that the safest thing to do is **abstain from risky behavior** and to get the facts, but our data says you aren't listening

Get off your Butt!

- Exercise and diet can increase performance. Exercise of the pelvic muscle can increase and heighten sexual pleasure. This can also prevent premature ejaculation and increase orgasmic intensity. A low fat diet that includes a lot of fruit and vegetables is best for good sexual function. So those fatty foods like fried chicken, french fries, and those chips add excess pounds.

Drink Less!

- Many brothas mistakenly assume that alcohol improves sexual performance. Wrong again my brothers, actually it impairs lovemaking skills. Alcohol is a downer and not an upper. So next time you say you got skills; you may not be up for the game.

cont...

Let Them Breath!

- A study reported in the October 1998 Journal of Urology concluded that underwear styles don't make a difference. That is your call, but if you are having fertility problems, give the "boxers" a shot. Briefs keep your testicles close to the body and it is possible that wearing them can slightly raise the sperm temperature and heat can kill sperm. The job of the scrotum is to maintain the testicles at approximate 93.6 degrees F.

CLEAN IT UP!

- Within one hour after having sex, you need to clean up. You need to urinate and wash your penis in order to get rid of any vaginal or anal bacteria.

The truth is that you are in control. Only you can control the information you read. It is **YOUR** responsibility to educate your brother, your son, and your father but mostly yourself. The diseases that prevailed in your father's day could be killed with one "shot"at a doctor's office. Nowadays, you cannot get rid of some, like HIV, herpes and other STDs. So take some simple steps.

TAKE CONTROL!!!

Article: By Steven A. Gaither, Program Coordinator

Footnote: Essence, November 2002, by Nancy Rones

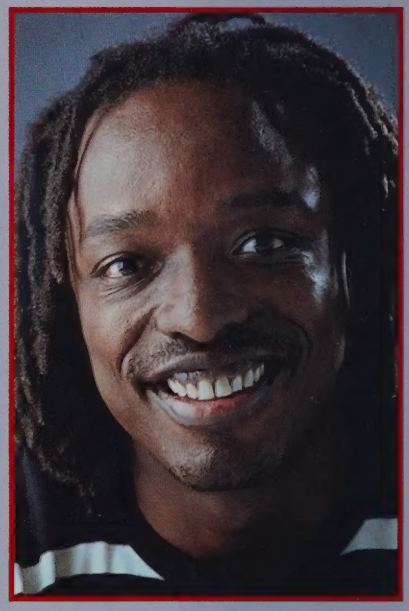
Brother to Brother- HIV Facts: You Better Ask Somebody

HIV FACTS: DID YOU KNOW?

So you've heard all the commercials, you've seen the billboards, and you've read the news reports. But you still don't believe that HIV is a threat to you. Well, maybe this information will help you to think twice about HIV.

- HIV/AIDS is a number one killer of African-Americans age 25-44.
- South Carolina has the ninth highest AIDS rate of all states in the US (CDC, 2001).
- The city of Columbia has the 14th highest AIDS rate in the country-higher than larger cities like Atlanta, Chicago, Los Angeles, and Philadelphia. (CDC, 2001).
- The cost of HIV medication and health care can reach THOUSANDS of dollars each year.

HIV might be closer to you than you think. It's a big problem right here in our state, our city, and our local communities. And taking care of HIV is not cheap. So what can you do to protect yourself and those you love?



- Get the facts. Find out how and when HIV can spread from person to person.
- Use a condom each and every time you have sexual relations.
- Reduce on your number of sex partners.
- Don't share needles. This goes for ALL needles, including those used for insulin shots if you're diabetic.
- Get Tested. HIV doesn't have a certain "look." The only way to be sure of your status is to get tested and get your results.

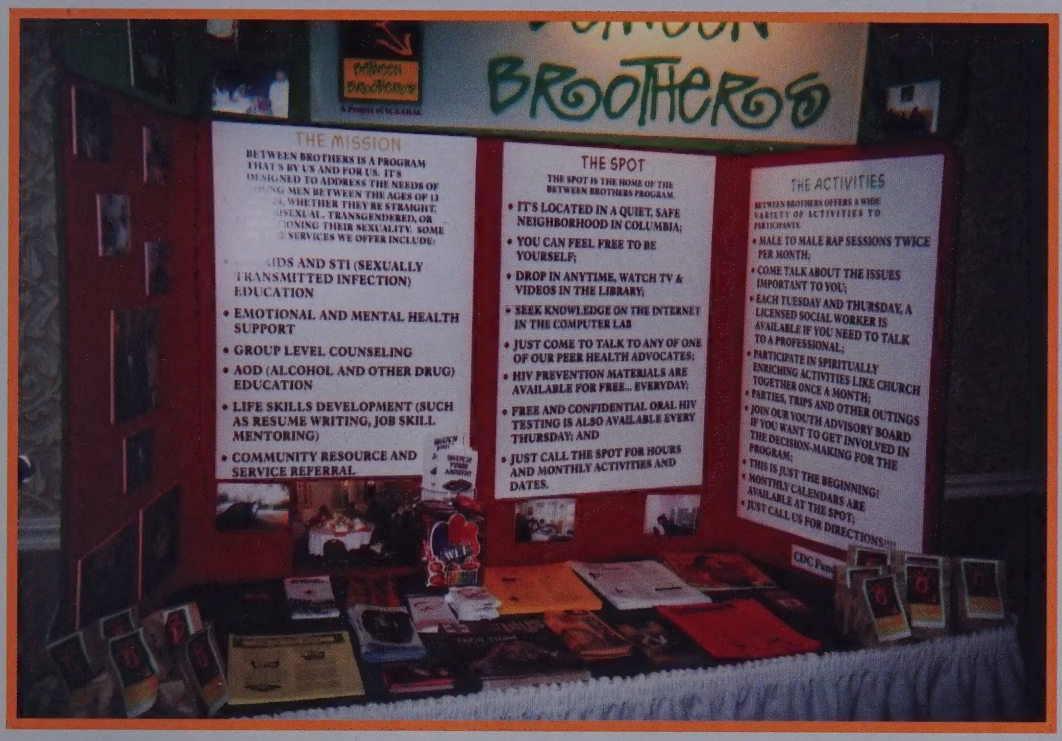
If you wanted or need more information, give Between Brothers a call at (803) 254-0162.

Dreams " - by Langston Hughes

Hold fast to dreams
For if dreams die
Life is a broken –winged bird
That cannot fly

Hold fast to dreams
For when dreams go life is a barren field
Frozen with snow

BE PROUD BE RESPONSIBLE!



My name is Matt Jenkins and I'm the Youth Activity Coordinator for the Between Brothers Program. It is one of my responsibilities along with others to educate youth on the Prevention aspects of HIV infection.

Allow me an opportunity to introduce to you our latest approach for providing Prevention Education. At Between Brothers we have adopted a curriculum chosen by the Center for Disease Control entitled "Be Proud Be Responsible".

This is a six-part curriculum that provides youth with the knowledge, motivation, and skills necessary to change their behaviors in ways that will reduce their risk for contracting HIV and other sexually transmitted diseases.

The curriculum consists of six 50– minute modules which include:

- **Introduction to HIV and AIDS**
- **Building knowledge about HIV and AIDS**
- **Understanding Vulnerability to HIV Infection**
- **Attitudes and Beliefs about HIV, AIDS and Safer Sex**
- **Building Condom Use Skills**
- **Building Negotiation and Refusal Skills**

The "Be Proud Be Responsible" curriculum was designed to be used with small groups ranging from 6 to 12 participants, but has been implemented in settings with larger numbers of participants. The curriculum can be implemented in various community settings, including schools or youth-serving agencies.

We at Between Brothers have administered the curriculum to our Youth Advisory Board and they found it to be very informative, interactive and fun. If you are involved with a Youth Serving agency and feel that this curriculum may benefit the Youth you serve, give me a call at (803) 254-0162 and lets discuss your youth **"Being Proud and Being Responsible".**

Article By: Matt Jenkins
Youth Activity Coordinator

Moments of Forgiveness

This untitled painting is part of a series entitled ***"Moments of Forgiveness."*** The series contains six images of figures bound by the unthinking horrors of slavery; in addition to five other images of figures, post emancipation, contemplating the struggle of their ancestors. Each of the emancipated figures are interwoven by the ***Red*** ribbon flowing in breaths of their ancestors; this ribbon representing the blood and bodies of their forefathers. Through ***the*** series I hope to aid others in their journey to forgive not only the early Europeans but also our African brothers and sisters who allowed the slave trade to persist.

Article and Design by:
Stephen Towns

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of South Carolina
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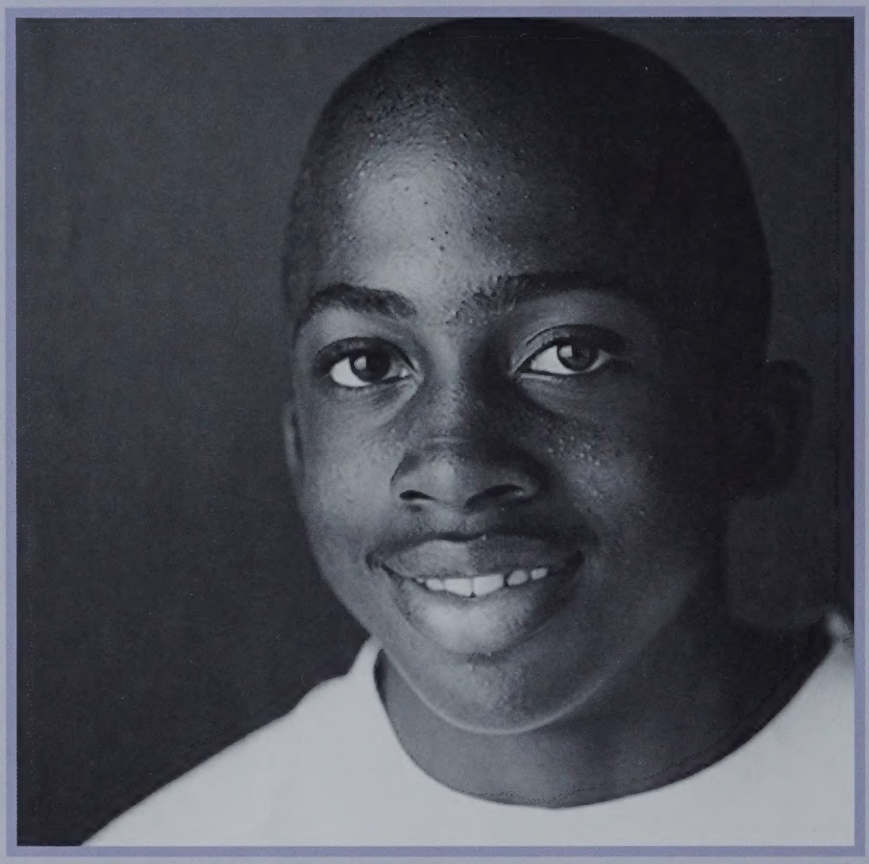
The Life and Times of an Adolescent

Adolescence is a time of incredible physical and emotional change, the product of which can determine future success or failure. With the support of family, friends, and school, most individuals are able to maneuver this time in their life with few complications. This does not imply that mistakes are not made, but a cushion is provided through those that care for the young person. For some adolescents, this is a time when drug abuse, problem behaviors, school difficulties, and sexual issues including multiple partners, orientation concerns, and pregnancy consume their lives. Without guidance,youth flounder with no hope of a good outcome.



To be an African American youth adds another layer through which the adolescent has to navigate. This is the time when economic, health, and racial disparities become recognized by the youth. Many give in to the pressure, never being able to have dreams or hope for the future. For them, life is a revolving door, leading them back to the place they began, the bottom of society with despair being the bars on the pit.

For gay youth of color, the issues of adolescence are compounded by rejection and discrimination that they encounter at school and in their homes. Many gay and bisexual youth report severe isolation problems, including having no one to talk to, feeling distanced from family and peers because of their sexual identity, and lack of good information about sexual orientation and homosexuality. Having to deal with both homophobia and racism can be overwhelming for gay youth of color. This group faces homophobia in their racial or ethnic group and racism in the majority gay community. Facing rejection and isolation in both environments, where can they seek comfort?

These young men so often do not have the support necessary to engage in a healthy exploration of their identities. There is a void in the research on how culture, socioeconomic class, and sexual orientation intersect in young people's lives. One thing that can be said is that African American gay males are five times as likely as their white counterparts to contract HIV. The belief is that the extra pressures that minority gay youth face may be a significant contributing factor. Our goal has to become helping our youth through this turbulent and uncertain time so that they can make the best and most informed decisions that they can.

Article by: Jacob P. White, MD
Intervention Specialist

Dare To Be Different

" And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is good and acceptable and perfect will of God."

Romans 12:2

As a teen-ager sometimes you may feel as if you are about to lose your mind dealing with peer pressure. Most teens feel as if they must be in the know. The truth is that wanting to be in the know, sometimes causes us to act in ways that are against what we know is right for us. In other words, dealing with pressure from our friends is one of the hardest we will have to overcome. I mean, who doesn't want to feel accepted.

You need to know that you are not alone and everyone wants to feel accepted. Popularity is important because it represents what others think about us. Friends have a great influence in and over our lives. This can be good or bad.

Having the wrong hairstyle, wrong clothes, not wearing clothes with the "right" labels or not hanging with "right" group are all ills that our youth face everyday. The truth of the matter is that you do not have to conform to the world to be accepted. People will eventually accept you and respect you for who you are on the inside. If they don't then who loses out on a good thing? Don't be afraid...
Dare to be different!

Article by: Perry Oliver
Office Manager

MENTORING and Volunteering at the BETWEEN BROTHERS PROGRAM

What have you done to make a difference in the life of a young African American Male or in the African American community for that matter?

Have you considered volunteering with the Between Brothers Program as a Mentor? Have you considered volunteering in your community? I know, you're probably thinking, "Why should I become a Mentor or even consider becoming a Volunteer"? Well it's simple.

Mentoring allows the opportunity to explore attitudes and concerns of young men and older men. It is a chance for older men to discuss the issues of their youth with the issues faced by youth today. It also affords older males a forum to have an impact on problems that youth are handling. Finally, it is a venue to teach survival skills needed by young men.

The Between Brothers Program seeks African American males, ages 25 years and older, to serve as mentors for youth between the ages of 13-24. If you are an African American Male, 25 and older and consider yourself a role model, teacher, or companion, can be supportive, resourceful, and wish to share these gifts, then you should consider becoming a mentor.

If mentoring is not something you think you would be interested in, then consider some of the other volunteer opportunities that are available such as Fund Raising, Administrative Support, Buddy Program or as a Professional Affiliate.

We recognize the value of volunteer support and train our volunteers to carry out defined duties in providing service to the organization, its affiliates and the clients we serve. Whatever area you choose, I'm sure that you will find the experience rewarding.

So give me a call at (803) 254-0162 and let us know what you've decided. We look forward to hearing from you.

Article by: Matt Jenkins
Youth Activity/Volunteer Coordinator

Parents,

You Have TWO Choices:

1 Talk to your kids about Sexuality,

2 Or they will learn the wrong way,

in the streets...
it's never too late...

The Tie That Binds

CALL THE SOUTH CAROLINA AFRICAN AMERICAN HIV/AIDS COUNCIL

803.254.6644

Funded through The South Carolina Department of Alcohol and Other Drug Abuse Services

In Collaboration with the Interfaith Community AIDS Resource and Education Coalition (I-CARE)